

Some Abuses  
of  
Foods.

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# Some Abuses of foods.

## Foods.

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## Some Abuses of Foods.

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The one essential to all life is nourishment. No where can life exist unless it receives nourishment from some source. It may be obtained directly or indirectly but food must be had in some form or else there will be premature death and then decay.

We generally consider anything as a food if it builds up the tissues of the body, contributes to the process of nutrition, supplies us with nervous <sup>force</sup> and energy and enables us to accomplish all things that are in reach of human power.

We do not live upon what we eat but upon what we digest and to judge accurately of the nutritive value of foods we must know how much of each is assimilated.

We cannot draw the line any where as to the value of foods, "for what agrees with one man may be another mans poison"; that will supply the body with ample nourishment in certain occupations and at certain periods of life will only be starvation measures under different circumstances.

Man is an omnivorous creature eating everything that will satisfy the pangs of hunger, or please his sense of taste whether it is digestible or not. Taking the world over we are surprised at the variety comprised in the daily fare and are led to believe that the stomach is the greatest chemical laboratory that ever existed.

The average daily diet necessary for an adult is two ounces of albuminoids, half an ounce of fats, twelve ounces of carbohydrates and half an ounce of salts, in all making fifteen ounces of food that is consumed each day. This amount is varied according to the age of the person, the amount of muscular energy required, and according to a persons occupation. A hard working man exposed to all kinds of weather will consume from fifteen to thirty ounces of food each day. While one less exposed to the weather, will not consume but eight or ten ounces of food.

For growing children we also need to modify this diet a little by putting in

more albumoids and leaving out most of the fats.

A vegetable diet is conducive to the highest physical development while a moderate proportion of animal food seems to promote the highest mental activity, and a combination of these two foods is what the general system requires.

During the last fifty years every effort has been made to understand the value of the different foods to the system. Every advancement in the chemical, physical, botanical, horticultural, medical and domestic sciences has thrown light upon this subject.

With the aid of chemistry and botany many adulterations have been discovered, and a greater number of foods that have always been supposed to be adulterated were found by analysis to be perfectly pure.

The reason that foods were ever adulterated to any extent in America, was because the American people take delight in being humbugged and would be greatly disappointed if they found their food absolutely pure.

They also have a great mania for cheap

things and this has lead to a great many mixtures of foods which are sold at cheaper prices than a good article of food would cost though some times these cheaper mixtures have as much nourishment as other of the higher priced foods.

It is true that every food that is capable of being adulterated is tampered with in some way unless the adulterant cost more than the original material.

But the harm done with adulterations and mixtures does not compare with the harm done through cooking.

One of the most perfect of foods is wheat. It contains a large percent of tissue making material and also many salts that are necessary to the growth of the human body.

Much has been said about the adulteration of flour with other material, but if we stop to consider the facts of the case we will see how absurd this would be. When wheat is only fifty cents a bushel, and flour only eighty cents for fifty pounds, does it seem likely that we could get anything in the food line that would be as cheap with which to adulterate

it: nor would any other food supply the body with as much nourishment for the amount that would be consumed. When wheat was raised less extensively and flour was a higher price, flour was adulterated a very little, but it did not pay and soon the flour was practically pure. A person can have almost any quality of flour he wishes, as there are so many varieties of wheat grown in this country. The best flour in the market to-day is number one hard made from wheat grown in Minnesota and Dakota. This flour is of a creamy whiteness and if taken in the hand and pressed will retain its shape.

The very finest and whitest flour on the market, while very pleasing to the eye does not contain as much nourishment as the flour of the creamy whiteness, as it has to be bolted so many times to gain the required fineness that a great deal of the nutritious material is taken out leaving only the starch which fattens, but does not strengthen.

A few years ago a certain class of people, called vegetarians had an idea that flour made from the whole wheat contained

the most nourishment and insisted upon having the whole wheat grain made into flour. This gave the cunning miller a good chance to work off his stock of inferior wheat that was utterly unfit for making good flour. It is true some of the nourishment is taken off with the outer covering of the wheat but not enough to make any material difference, and it has been found by analysis that the husk of wheat is an indigestible material being composed of silica one of the hardest of minerals. This acts as an irritant to the tender linings of the stomach.

The digestibility of bread depends almost entirely upon the knowledge and experience of the cook. Every house wife should have a knowledge of chemistry so that she may know just when to mix her bread and in what stage of fermentation it should be baked. Much of the comfort of the family depends upon good bread and more attention should be paid to the art of bread making than any other one thing in house-keeping. No woman should ever be satisfied with her knowledge in cook-

ing until she can place upon her table three times a day a nice fine grained loaf, with the crumb white tender and sweet and the crust of a golden brown.

Rice supplies more people with nourishment than any other one article of food upon the market and is generally found pure.

There has been a great deal of talk about the adulteration of foods. but this is mostly false alarm made by the news papers to create a sensation and to fill up space.

It was found by analysis that none of the staple articles of food were adulterated to any extent. Out of fifty samples of sugar that were examined not one was impure.

The only things that are adulterated to any extent before placing them on the market are jellies, condiments, coffee and tea.

Condiments are not of themselves a food but serve to render the later more palatable and to stimulate the appetite and digestion.

As they are usually put upon the market in the ground form, foreign substances may be added without being easily detected but if they are bought before being ground there is little adulteration found in them.

In some cases the foreign material is useful in preserving the essential oils as in case of adding flour to mustard.

Pepper is more in demand than any other spice and contains the greatest variety of foreign material. Almost everything that has been used as an adulterant has been found in pepper. Its appearance in the ground form makes it possible to use all sorts of things. The most healthful foreign material used in it is charcoal. The other materials commonly used in it are ginger, wheat flour, starch, mustard hulls, and occasionally cayenne pepper is found.

In nine cases out of ten the spice that is labeled cinnamon is only cassia. Both of these articles come from the same tree but have different degrees of strength. Cassia is the thick outer bark of the tree

while cinnamon is the very thin layer under the cassia. The cinnamon contains a greater proportion of volatile oils and a more delicate aroma.

If cloves and allspice are purchased before they are ground they will nearly always be pure. When bought after they are ground they usually contain clove stems or other portions of the parent plant.

Coffee and tea are used to a great extent in this country for a mild stimulus. They both operate on the fatigued and over taxed person like a charm. Coffee is generally taken in the morning as it seems to last through out the day and people grow hungry less rapidly. Tea is generally used after the days work is over. It seems to soothe and quiet the nerves after a hard days work.

Coffee, a native of Abissinia, is now cultivated in nearly all of the tropical countries, thus giving us many grades of the berry.

It was adulterated almost immediately after its introduction into this country with chicory, roasted wheat, beans,

acorns, lupine seeds, date stones, burned sugar, rye and potatoe flour.

Most of these adulterations are found in ground coffee, for when placed upon the market in this form it furnishes a wide field for adulterations.

Imitations of roasted coffees may usually be detected by putting them into water. As a rule the genuine article will rise and the artificial product will sink. There are a few exceptions to this rule, when coffee is roasted too hard it will sink.

Tea grows in China and Japan and is exported into nearly all parts of the globe. The different kinds of tea may be the leaves of the same bush picked seasoned and cured at different times and in different ways.

We do not get the very best of teas in this country as we are not willing to pay the price that it takes to produce it.

It is adulterated with beech leaves, hawthorn, camillia but the most frequent adulteration is the addition of sand generally impregnated with iron.

A great many cheap boarding houses ad-

ultimate their tea by using the exhausted leaves, bought for a mere pittance, from the large and expensive hotels.

For economies sake the house wife resorts to many little schemes in cooking that are more injurious to the body than any thing done by the manufacturer.

Cooking is the art of preparing food for the nourishment of the body and if any thing is cooked in such a way as to make it less digestible it is just as bad for the system as though some foreign element had been added.

The use of science and skill are as necessary in the kitchen as in any other work in the world and all of our cooking should be based upon the principles of hygiene.

Ignorance plays a large part in the destruction of good food.

Many nice tender juicy pieces of steak are allowed to sizzle and sizzle over a smouldering fire until every fibre is thoroughly greased soaked and

it becomes as tough as the animals  
hide

Many things are baked in pie that  
are utterly unfit to be taken into the  
system, but the American people must  
have pie and they get it.

Soda is used to sweeten foods that  
have long since lost their nutritive val-  
ue.

Bits of meat and bread are saved  
up from time to time so that a hash  
can be prepared in the future. No mat-  
ter if the meat is tainted and the  
bread seems to be good soil for a fun-  
gus growth, all this can be covered up  
by adding onions or garlic and plen-  
ty of seasoning.

Cake is made with stinging butter  
hoping to reduce its strength by putting  
in an extra amount of sugar and  
spice. Ah! vain hope that butter will  
make itself known no matter how many  
good things are mixed with with or  
piled on top of it.

Through ignorance and carelessness  
canned goods as bought in the market

become poisonous after they are in the consumers hands. Ignorance opens the can and leaves the contents exposed to the air all unmerciful that the oxygen of the atmosphere, through the acid of the food is vigorously uniting with the thin lining of tin. Carelessness says "we have never yet been poisoned though we have done this many times, perhaps this time also mercy will prevail over justice."

There is no need of this kind of wastefulness and abuse of good food. If our American girls could properly cook and neatly place on the table food of a pleasing variety which should at the same time be dainty and appetizing and yet be hearty enough to satisfy the hunger of the hardest manual laborer, there would be no need of her having the ballot.